

GROUP SCHEDULE  
WEEK OF January 7<sup>th</sup>-11<sup>th</sup>

Day/Time	TOPIC or Process	FACILITATOR
<b>MON Jan 7th</b>		
2:00pm-2:50pm	<b>Emotional Regulation</b>	Kerri
3:00pm-3:50pm	<b>Nutrition</b>	Kerri
4:00pm-4:50pm	<b>Open Process</b>	Daniel/Michele
5:30pm-6:20pm	<b>Obstacles to Recovery</b>	Daniel/Michele
<b>TUE Jan 8th</b>		
2:00pm-2:50pm	<b>Canvas Art- Loving your best self</b>	Janai /Michele
3:00pm-3:50pm	<b>Mindfulness and Meditation-</b>	Janai /Michele
4:00pm-4:50pm	<b>Missing Aminos</b>	Kerri
5:30 pm-6:30pm	<b>Open Process</b>	Kerri
<b>WED Jan 9th</b>		
11:00am-11:50am	<b>Red Road Step Study</b>	Kerri
<b>NOON</b>	<b>Open WELLBRIETY MEETING</b>	Not Treatment
1:00pm-1:50pm	<b>Art with Heart</b>	Sara
2:00pm-2:50pm	<b>PAWS</b>	Sara
3:00pm-3:50pm	<b>Sleep and Nutrition</b>	Michele
<b>THU Jan 10th</b>		
11:00am-11:50am	<b>Men's Recovery</b>	Michele
2:00pm-2:50pm	<b>Open Process</b>	Kerri
3:00pm-3:50pm	<b>Beading in Recovery</b>	Michele
4:00pm-4:50pm	<b>12 Steps R rated</b>	Kerri
5:30pm-6:20pm	<b>Relapse Prevention</b>	Daniel
<b>Fri Jan 11th</b>		
<b>NOON</b>	<b>Open WELLBRIETY MEETING</b>	Not Treatment
1:00pm-1:50pm	<b>Playing in Recovery</b>	Keri
2:00pm-2:50pm	<b>Open Process</b>	Michele
3:00pm-3:50pm	<b>Recovery Jenga</b>	Sara

**Walk-In Assessment Times**

Monday, Tuesday and Thursday 1pm

Friday 10am

*Walk-in Assessments are 1-2 hours in length. Please arrive 15 minutes early. You must be on time or may be asked to come back another day.*

**Orientation Group- All new clients must attend 1 time. Group directly after each assessment time.**

**Reminders:**

Sober support slips are due by last day of the month.

It is your responsibility to schedule individual session.

GROUP SCHEDULE WEEK OF January 14 <sup>th</sup> -18 <sup>th</sup>		
Day/Time	TOPIC or Process	FACILITATOR
<b>MON Jan 14th</b>		
2:00pm-2:50pm	<b>Distorted Perceptions</b>	Kerri
3:00pm-3:50pm	<b>Core I</b>	Kerri
4:00pm-4:50pm	<b>Relapse Prevention</b>	Michele
5:30pm-6:20pm	<b>Metaphor Cards</b>	Michele
<b>TUE Jan 15th</b>		
2:00pm-2:50pm	<b>Chain Analysis</b>	Michele
3:00pm-3:50pm	<b>Healthy vs. Unhealthy</b>	Michele
4:00pm-4:50pm	<b>Anger &amp; Emotions</b>	Kerri
5:30 pm-6:20pm	<b>Life Obstacles</b>	Kerri
<b>WED Jan 16th</b>		
11:00am-11:50am	<b>Red Road Step Study</b>	Kerri
NOON	<b>Open WELLBRIETY MEETING</b>	Not Treatment
1:00pm-1:50pm	<b>Trigger Awareness</b>	Sara
2:00pm-1:50pm	<b>Boundary Setting</b>	Sara
3:00pm-1:50pm	<b>Relapse Prevention: High Risk Situations</b>	Michele
<b>THU Jan 17th</b>		
11:00pm-11:50pm	<b>Women's Recovery</b>	Michele
2:00pm-2:50pm	<b>Step 12</b>	Kerri
3:00pm-3:50pm	<b>Beading in Recovery</b>	Michele
4:00pm-4:50pm	<b>Anger Umbrella</b>	Kerri
5:30pm-6:20pm	<b>Step 1- what does this really mean?</b>	Janai
<b>FRI Jan 18th</b>		
NOON	<b>OPEN: WELLBRIETY MEETING</b>	Not Treatment
1:00pm-2:50pm	<b>Relapse Prevention</b>	Sara/Kerri
2:00pm-3:50pm	<b>Open Process</b>	Janai/Michele
3:00pm-4:50pm	<b>Walk and Talk (weather permitting)</b>	Sara
<p><b><u>Walk-In Assessment Times</u></b>  Monday, Tuesday and Thursday 1pm  Friday 10am  <i>Walk-in Assessments are 1-2 hours in length. Please arrive 15 minutes early. You must be on time or you may be asked to come back another day.</i>  <b><u>Orientation Group- All new clients must attend 1 time. Group is offered directly after each assessment time.</u></b>  <b><u>Reminders:</u></b>  <i>Sober support slips are due by last day of the month.</i>  <i>It is your responsibility to schedule individual session.</i></p>		